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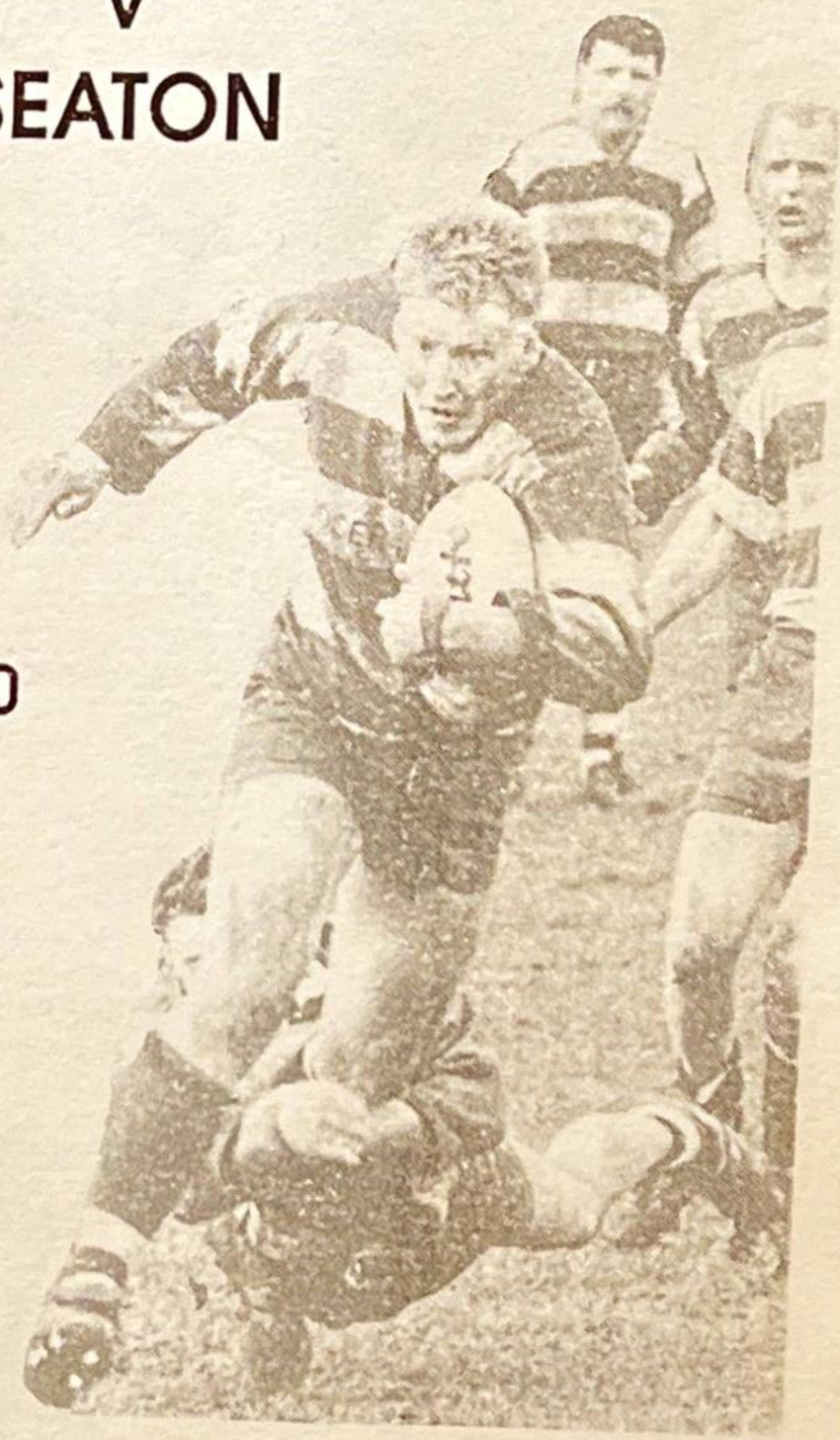

Saturday
10th November1990

at
Devonshire Road
MILLOM
K.O. 1.00 pm

Programme 30p

CLUB HISTORY

Founded	1873
Ground	DEVONSHIRE ROAD, MILLOM (Tel.:0229 772030)
Colours	MAROON/WHITE
Club Honours	1873 - 1980 Too numerous to mention.
	1980 - 1986 CUMBRIA LEAGUE CHAMPIONS 1981/82
	BARROW LEAGUE CHAMPIONS 1982/83, 83/84, 85/86
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Groundsman	TOM SWARBRICK.
Programme - Produced and Edited by Howard Shimmins	
Open Age	1st TEAM COACH GRAHAM LUPTON
	2nd TEAM COACH LAWRENCE LUPTON
	3rd TEAM COACH PETER DATE
Under 17	TEAM COACH ANDREW (Biff) MOSSOP AND TALLY THOMPSON
Under 15	TEAM COACH KEVIN O'BRIEN
Under 13	TEAM COACH TONY McKNIGHT
Under 11	TEAM COACH DAVID CLARKE
Under 9	TEAM COACH GRAHAM LUPTON
LIFE MEMBERS.	L. BETTINSON, G. CUMMINGS, R.B. KNOWLES, M. McMEEKIN, R. MORGAN, G.M. MASON, T.L. RIGG, B. SHARPE, J.H. DAWSON

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Over 26 players have been awarded full international honours since 1945, playing over 50 internationals between them and a numerous amount have played for both county and inter-league teams.

1978/79 saw a Cumbria first for Millom, when Peter Knowles was awarded the B.A.R.L.A. Player of the Year Award and the 1985/86 season saw yet another county first when Millom became the first Cumbrian club to play in the B.A.R.L.A. National Trophy final at Headingley on May 25th 1986, unfortunately going down eventually to Mysons R.L.F.C. of Hull.
November '86 saw Millom at home to Wakefield Trinity in the John Player trophy, before a large crowd. Millom gave Trinity a few scares before eventually going down by 4 - 18.
Millom defeated Kells 9-8 in the Cumbria Cup final in December 1989 to add yet another honour.
In Millom's 10th R.L. Challenge Cup appearance in January 1990 a close fought contest resulted in a 0 -4 [illegible] Sport of Leeds.

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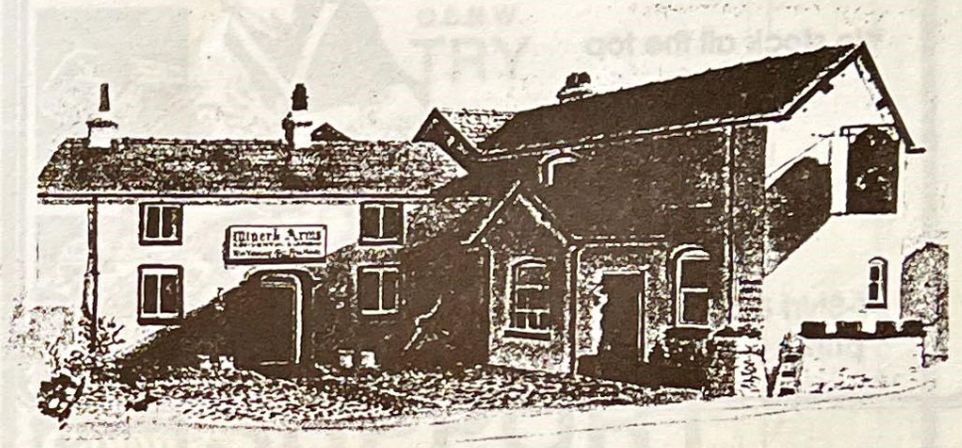

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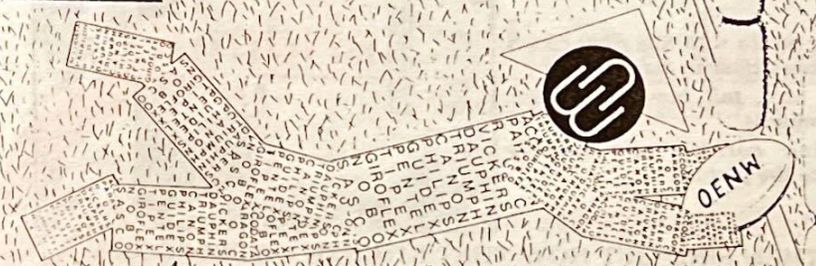

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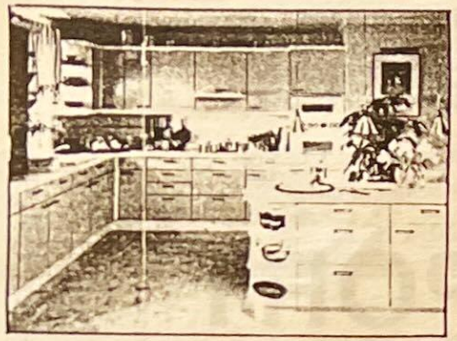

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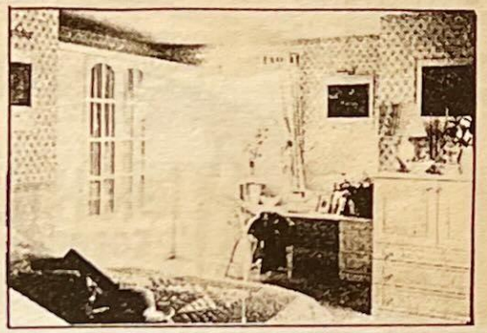

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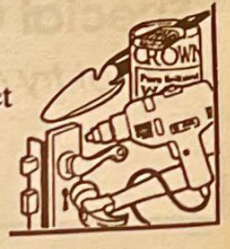

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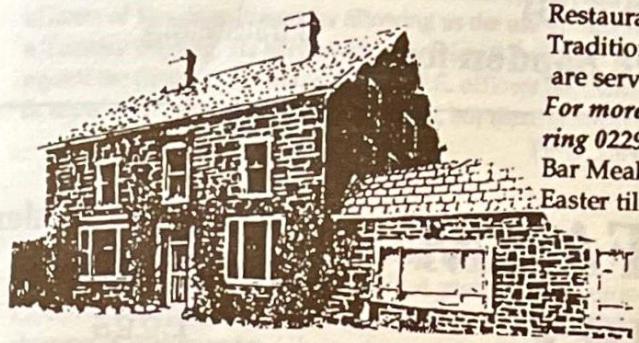

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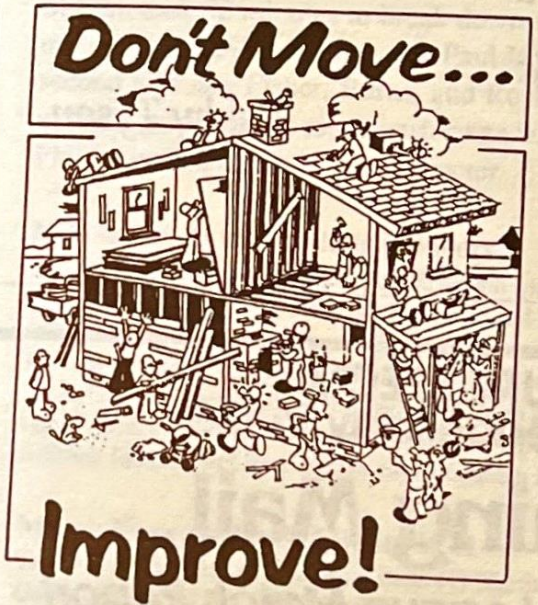

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PICTURE SPECIAL
Every Wednesday in the
NORTH-WEST Evening Mail
Millom Rugby League Match Report

Chairman's Report

It was very gratifying to see so many supporters at Seaton last week - its a pity that we did not get a result, but hopefully we will put things right today. The prize for today's winners being a home game in the semi final against Kells.

It must have been a relief to our coach Dumpy to know that Andy Dixon's injury was not as bad as first thought-lets hope he gets back to full fitness in a few weeks.

Talking about fitness, I would like to take this opportunity to thank the Governor and P.E.I. officers of Haverigg Prison for allowing us the use of their magnificent new Gymnasium on a Tuesday evening. Its very much appreciated by all the players, and having witnessed for myself the fitness programme that the P.E. officers put them through, we should have a very fit team - that's not to say they are not fit, but there is always room for improvement.

Peter Jordan - Chairman M.R.L.F.C.

Match Reports

Since our last programme, Millom gained a well deserved victory over Wigan St. Patricks of Wigan 16-15 in the first televised BARLA game and went up to 5th position in the league table. Last week we came down to earth with a bump in a 10-10 draw with Seaton who put up a brave showing of determined tackling and aggression. The scores changed hands on four occasions as Cummings converted 2 penalties, and Cunningham one, with Moore scoring a try for Millom and for the home team Man of the Match Kirkwood converted 3 goals and Benson scoring a try to see the match level.

"A" Team: Askam 'A' 6 v Millom 'A' 26

Millom took 30 minutes to break down the Askam defence, but 3 tries in 10 minutes from Giles, Procter, and Paul Jackson saw a 12-0 half-time lead. The second half saw Fisher, Burns, and Roskell score tries and Mackereth converted 1 goal. A good round performance, with excellent displays by fullback Phil Jackson and centre Andy Procter.

Millom 'A' 34 v 10 Holker Pioneers

Millom 'A' played their best rugby of the season with an excellent team performance. Coulson opened the scoring (4-0), then tries by Farren and Roskell allowed Thompson 2 conversions to lead 16-0 at half-time. An early Thompson penalty (18-0), then Farren's second, and Paul Jackson try, plus Thompsons 5th goal saw the score 30-0 - Slack tackling allowed Devlin to score, Cubis converting 30-6. Procter for Millom hit right back (34-6). With Elliot scoring a consolation try in the last minute 34-10. Star performances by Cunningham, Lowe and fullback Jackson will be noted for coach Graham Lupton.

Marsh Hornets 0 v 28 Millom U.11

Tries - Steven Conner (1) Andrew Benn (1) Martin Fisher (1) Alan McKnight (3)
Goals - Larry Gribbin (1) Martin Fisher (1).

CLUB NEWS - With the girls working hard behing the scenes to put on entertainment for the players and supporters, please look at "Girls Talk" for information. Could I remind all the players that these evenings are for their benefit, and a greater response is expected in the future. Talking of benefits and entertainment, two ex-Millom players, Steve Mossop and Mick James, have just started their testimonial benefit year and several functions are being planned, both with their host club Barrow, and with the Millom club. We will be holding our usual Testimonial game at the end of the season and more information will be listed in our match programmes. For those of you who have not remembered to video today's G.B. v Australia game, could I remind you that at 6.30 p.m. tomorrow evening (Sunday) the game will be shown on BSB T.V. in the club.

Tony Johnson

"ROCKET REMEMBERS"

The past & present players night was a huge success and revived many memories for the ex-players from the last 50 years, and in one or two cases even longer.

I started my career 35 years ago, and it was good to meet some of the players who were the senior players at that time. Among them was one man who I looked at as being a bit of a super man, R.S. TRELORE. When I was about 17 many of the older players retired, and Millom were left with probably the worst team that I at least can remember. BOB TRELORE used to turn up for Millom every week when he could have walked into any team in the league. His sister used to turn up at matches with flasks of coffee for the entire team and I used to think he's bound to leave us soon, seeing that we were being beaten every week. Bob was top try scorer with 7 tries one season. Now this might not seem many compared to later years, but seeing we only scored about 9 altogether, you can see what a player he was. He stayed with us right up until all the lads come out of the forces or joined us from Rugby Union, and got a strong squad together, and then went to the newly formed ASKAM team, his home village club. Bobby Trelore would definitely be in any all time Millom teams of mine.

Other incidents that stick in my mind are Lol Cairns playing a full game in his stocking feet rather than play short, and Sticky Glew not going to Walney because he had to collect bonfire stuff for his son. He said "I'm not frightened of Jim Hewitt, but I am frightened of Maureen"

I have had many happy memories over the last 30 odd years, being made captain of Cumberland was probably my proudest, but two of the biggest kicks I got out of the game were after I retired. Who will ever forget Hull in the R.L.Cup, and later on the National Cup final - I know I never will. Getting to the present day players, (and there are some excellent players about) I wonder sometimes about how long some of them are out through injury. Big Mike Kelly had a cartilage out 30 years ago and was back playing in 4 weeks - not bad for a bloke of 20 Odd stone.

My career lasted through some top class coaches - Danny Leatherbarrow, Bob Coglan, Bill Smith and Ivor Kelland, and all will have arguments supporting their teams as being the best, as will Tally, Ceddy and Dumpy but the arguments can never be answered. The only thing I wish is that the National League had been around when I was playing because I believe it is the best thing that has happened to Millom. R.L.

Now if anyone is interested, this is the team I would have loved to have played in: 1. Gerry Cummings, 2. Harold Jordan, 3. George Thompson, 4. Peter Evans, 5. Mick James, 6. Bill Smith, 7. Derrick Moore, 7. Dumpy Lupton. 9. Mark Roskell, 10. Steve Fallows. 11, Bob Trelore, 12. Ceddy Jackson, 13. Bob Coglan.

Here's hoping that today's lads can win the Cumberland Cup, The National Cup, and the National League and prove that they are the best of the lot-----!!!.

Peter Evans.

BARROW R.L. WINS - AGAIN!

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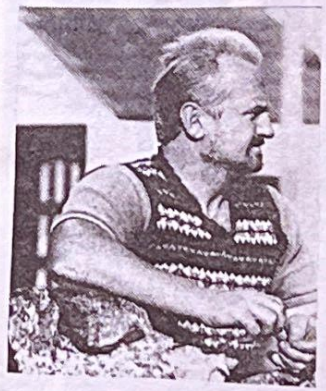
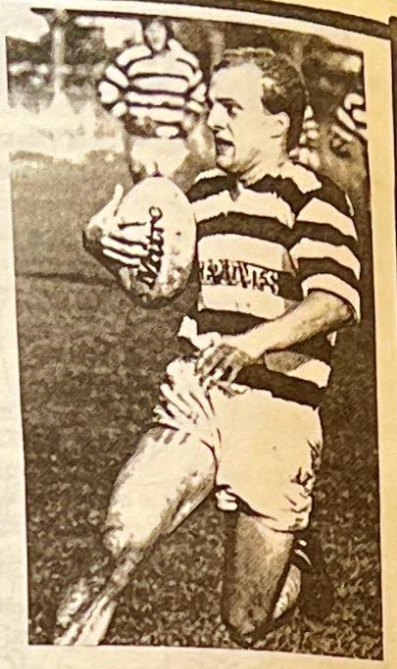
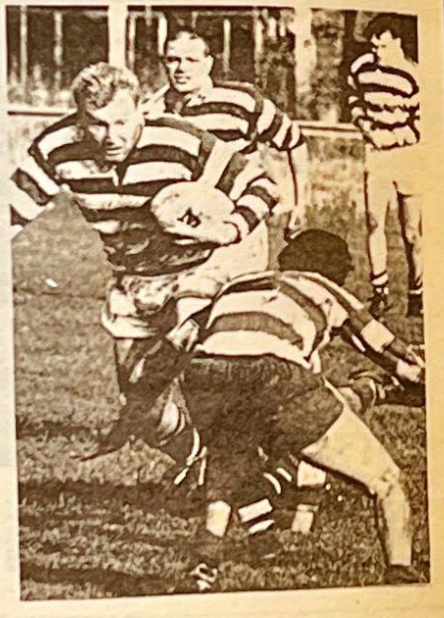


Some of our Past Players



ACTION MEN



CUMBRIAN KNITTER PLAYS RUGBY FOR KING OF TONGA

Gary Kelly, a knitter at Elbeo in Millom, Cumberland, has distinguished himself on the rugby fields of the South Pacific. He has just returned from a 30-day tour of the South Pacific islands with the Great Britain Amateur Rugby League Team.

Gary Kelly and fellow members of the Great Britain Rugby League team during their tour of the South Pacific

The team played games in the Cook Islands, Samoa and Tonga. Gary scored the first try of the tour. "I was very happy with my performance in that game," he said. "The next game didn't go so well, but when we arrived in Tonga my game improved again."

Gary felt that the tour was a great success, and helped to promote the game in the islands. On one particular occasion, he recalls, the King of Tonga himself asked for a game to be delayed by a day, so that he could attend.

"The King is obviously very highly thought of in Tonga," he said. "During one game, a Tongan lad had his shorts ripped off, which can happen in rugby! But because the King was watching, the lad pulled his shirt down and refused to move an inch until someone brought him a new pair of shorts. That's how much the King is respected!"

Gary had to raise £750 himself towards the cost of the trip, and mentions how grateful he was for the donations he received from his colleagues at Elbeo. "They organised Raffles, a Cake Stall and a Guess the Name of the Doll competition," he said, "and raised £300, which was great."

Gary's career in Rugby League began when he was just 12, when he was chosen to play at Under 13 level for Millom Amateur Rugby League Club. He progressed through the junior ranks, until in 1983, playing for the Under 19's, Millom won the Cumbria Cup and Gary took the Man of the Match Award.

By now, he regularly represented Millom First Team, as well as Barrow & District Inter Town Team and his county team, Cumbria. In 1984/5 Gary was chosen as Player of the Year by his Club. "That was one of my proudest moments," he said.

In 1985, Gary was chosen to play for his country for the first time, as part of the President's 13 on a tour of France. But his finest achievement so far was being chosen to play for Great Britain on the South Pacific tour.

25 year old Gary also had great help from his employers. As well as giving him time off work to go on tour Millom's Elbeo factory also chipped in £250 spending money, to help him on his way, which was greatly appreciated by Gary and his wife Christine.

Man of the Match

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G..B. v Australia
Wed.14-11-90 8.00 p.m.
Hull v Australia
Thurs. 15.11.90 8.30 p.m.
Wigan St. Pat's v Millom
Sun. 18.11.90 6.30 p.m.
Widnes v Australia
Sun. 25.11.90 6.30 p.m.
G.B. v Australia

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and Jeff Hodgson
(v Wigan St. Pat's)

Fixtures

11.11.90 2.15 K.O. at Craven Park
Millom U.11 v Barrow Isl
17.11.90 K.O. 1.00p.m.
Millom "B" (35) v (23) Hindpool
K.O. 2.30 p.m.
Barrow I.Town v Keighley
18.11.90 K.O. 12.30 p.m.
Millom U.17 v Barrow Isl. U.17
24.11.90 K.O. 2.30 p.m.
Millom/Seaton v Kells
Semi-Final Cumbria Cup

Millom

Coach. Graham Lupton
Physio. Tony Johnson

Maroon & White

Neil Thompson		1
Graham Evans		2
Terry Moore		3
Peter Dawson		4
Richard McMeekin		5
Graham Cunningham		6
Midge Cairns		7
Andrew Mossop		8
Shaun Cummings		9
Graham Lupton	Capt	10
Gary Kelly		11
Ian Swarbrick		12
Clive Mossop		13
Craig Evans		14
John Gibson		15

Final Score

Seaton

Coach. Neil Graham

Maroon & Amber

Steve Ostle		1
Paul McNicholas		2
Ian Barnes		3
Rodney Turnbull		4
Les Smallwood		5
Kenny Kirkwood		6
Paul Sloan	(Capt)	7
Vince McNicholas		8
Colin Duggan		9
Jeff Benson		10
Greg Quinn		11
Graham Strong		12
Neil Richardson		13
Martin Hodgson		14
Alan Kavanagh		15

Ht Time

Referee Keith Birkett (Egremont)

Touch Judges

Red Flag
Yellow Flag

Penalties					Scrums				
1	2	3	4	5	1	2	3	4	5
6	7	8	9	10	6	7	8	9	10
11	12	13	14	15	11	12	13	14	15
16	17	18	19	20	16	17	18	19	20

Penalties					Scrums				
1	2	3	4	5	1	2	3	4	5
6	7	8	9	10	6	7	8	9	10
11	12	13	14	15	11	12	13	14	15
16	17	18	19	20	16	17	18	19	20

17.11.90 Barrow v Keighley
Inter-town

24.11.90 Millom or Seaton v Kells

Match Ball

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OUR VISITORS

After last weeks 10-10 draw, Seaton travel to Millom as most welcome guests. (A special thank you for the splendid hospitality shown to the Millom officials, players and supporters by everyone at Seaton). Last season, (Seaton finished 8th in the league with 15 points from 7 wins and a draw, and beat Lowca in the Amateur Cup final. With "double" BARLA Tourist and the 1986 tour Captain Roger Blair as Rugby Committee Secretary, they have a wealth of Rugby knowledge to call upon, and he will surely be looking forward to renewing his old friendship tourists Jim Bawden, Joe Jackson, and Steve Donald of Millom. Win or lose, both teams will no doubt share an excellent evening, with Millom going all out to repay the friendship shown last week. Obviously with the winners at home to Kells, both clubs will be going all out for victory.

Tony Johnson.

Will professional Rugby cripple men? — We find out.

A pain in the groin!

Besides being the Castleford physiotherapist, Bernadette Scatchard is secretary to the RL Medical Association. She discusses the ramifications of a growing problem in the professional game.

A PANIC has arisen when groin injuries are mentioned. The player and coach envisage weeks or months of anguish and the name of Ellery Hanley and a certain London specialist, suddenly spring to mind.

Let's put it into perspective.

Many of these injuries turn out to be straight forward, a tear in a groin muscle or its attachment to the tendon, taking three to six weeks to heal with appropriate treatment.

Other types can be a combination of lower abdominal and adductor tears, as both have common attachments.

Less commonly the pain can be due to "refered" pain from the lower back and hip, hernia or inflammation of the pelvic joint known as osteitis pubis.

Why don't they clear up quickly? Could it be:

1. Difficulty in immediate diagnosis — the player being in too much pain and or the diagnosis is made by unskilled people so subsequent treatment is misdirected.

2. The cause of the problem is not taken into account, so as soon as the player plays the problem reoccurs.

But what is the cause? Many players are increasing the number of games they play in and the standard level of fitness and skill has also increased.

Yes, the preparation for the game has altered with more stretching routines, weight-training routines. But are they done correctly?

Many times a patient at a clinic when asked to demonstrate their stretching routine either shows complete apathy or gets into rather contorted position. So proper warm-up — cool-down techniques must be taught.

The weight-training aspect also must be controlled by specialised personnel.

Many times in the gym players carry out numerous repetitions of so called sit-ups (upper abdominals) without bothering withg the equivalent exercises for the lower abdominals.

Similarly there are shoulder problems. Players will bench-press until veins are exploding in their necks but they don't do exercises to strengthen the rotator-cuff — the stablilisers of the shoulder joint.

Quadriceps also are cajoaled but hamstrings and hip muscles are ignored.

The groin injury isn't to be treated like the Aids Virus once "contracted" people treat you with sympathetic shrugs.

THE media hound players who are injured: Why aren't they returning? Why aren't they having an operation? If this fails: Are they having contract problems or is it all psychological?

Let's get qualified people involved from the start in diagnosis and treatment.

They can identify any causative factors and attempt to sort them out with the help of the Club Doctor/Physiotherapist/Coach.

Proper fitness tests may also search out imbalancies in muscular strength or locak of flexibility.

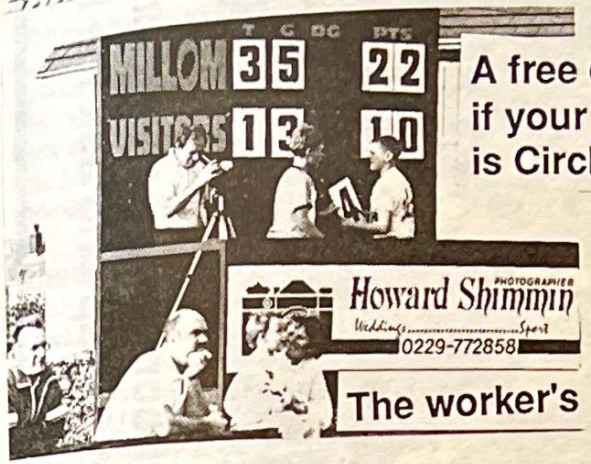
The media can play their part by not putting undue pressures on players if the injury does not seem to be responding to treatment.

Thus a vicious circle will not ensue: Player injured sent to Consulatant, rested, trains and plays, breaks down, injection, operation, rest, often inadequate rehabilitation, returns to play and breaks down, second opinion with another Consultant etc, etc. . .

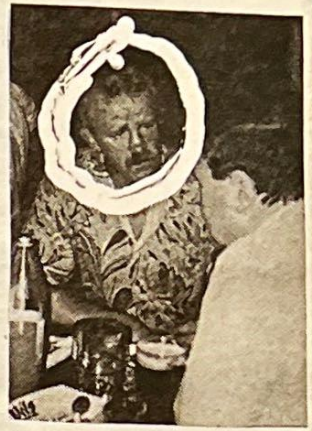
It must be said that sometimes it does take six months to two years for osteitis pubis to settle fully.

The fact remains, and no amount of injections or operations can alter it. With correct management, however, and a little more consideration from coaches, fellow players and the press alike, a player may well return to preform at a high level in a relatively short period of time and will not become the mentally and physically drained victim of today's fast growing spectator sport.

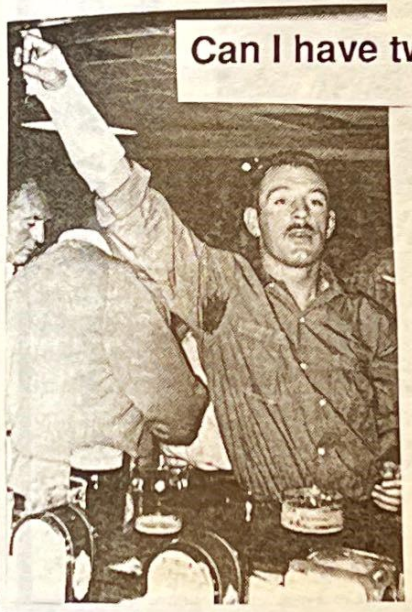
Let's learn from soccer's mistakes and not turn young athletes into sporting machines by surgical and medical means, which are usually short lived and can leave players on the scrap heap!

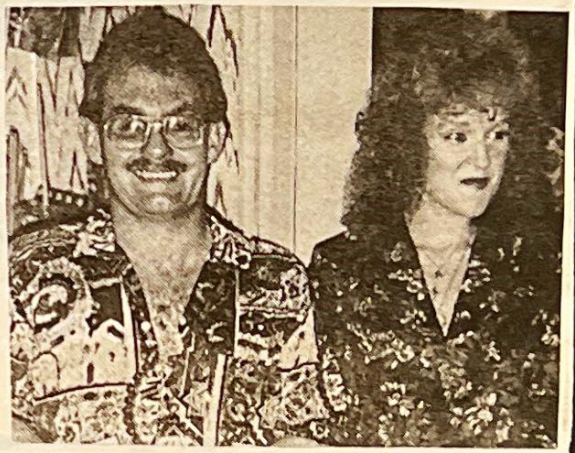


A free drink if your face is Circled.



The worker's Can I have two Tequila Sunsets please for my Hawiian friends?.....!!





I"ll stand here all afternoon, 'cos sooner or later
Gerry or Kenny will get fed up and ask me if I want a PINT

PRO-VIEW

It's nice to be back on Home territory again with this week's cup replay, although if that drop goal had been 6 inches higher, it would have been "Kells" today in the semi.
The new floodlights on the training pitch are great. (Special thanks go to Chris Singleton and Gerry Cummings for their efforts).
Peter Jordan has now organised Tuesday night training up at the Prison's super new gym and it's appreciated by the lads, especially with the dark, cold nights now.
The new training gear is starting to arrive and it's obviously paying dividends as the tackling has certainly improved. (We'll have to get some more of those tackling bags Dumpy!!!).
The Past Players "Do" was a great night, although it's a pity that Jack Nicholson and Cyril Barrie (2 former Rugby Stars) couldn't make it on the night. I hope their both feeling a bit better now.
We've done a deal with Les Bettinson's Salford R.L. Club, and are now selling raffle tickets for their hugely successful Xmas draw (which will also be hugely successful for us if we sell out). Ist Prize is £500, and there are loads of other super prizes.
Please see the players or committee if you would like to buy some, or Howard if you would like a book or 2 to sell yourself. (Anyone selling 2 books can have a free ticket!!!)
What with today's home game, and another next week (Inter-Town) and hopefully Kells here the following week, you should see John Dawson's face!!!
It's like a birthday and Christmas in one to John when we are at home!!!!!!

Howard Shimmin

GIRLS TALK

Well done to Tally Thompson for his part in organising a smashing past and present evening. It was nice to see a big turn out for the Mini-Rugbys' Halloween party. A good "Fright" was had by all! I would like to say a big thank you to Tom Swarbrick and anybody else concerned for the collecting and building of the bonfire.----- it was a very successful Bonfire night. Thank you for all donations of fireworks and all the support.
Happy birthday to MOB for Thursday 8th, belated congratulations go to Katherine and Andrew Proctor on the birth of their son Cameron. Also 40th Birthday congratulations to Peter Date.
I hope Dumpy and Shimbo have got the match details sorted out this week, or watch out Shimbo, I'll be doing it!!!!

Gail .

Coaching Crack.

It's been a few weeks since we were last at home, so it will be nice to play on home soil today. A win will bring us home against Kells in a fortnight. Next week is Inter-town which is also played at Millom, against Keighley - three or our lads are in the team so I hope you'll come along and give them your support. I was very pleased with the St. Pat's win - the players all worked hard and deservedly took the honours, (Cunny and Biff both having good games) and it made our League position look a lot better. Seaton took us all the way last week, and we were fortunate to come out with a draw, so we will have to be on our toes today if we are to continue in the cup. Thankyou.

'DUMPY'

Opinion

Well at last there's some action organised for the U.17 lads.

A game has been arranged at Millom next Sunday (18.11.90) against Barrow Island (12.30 K.O). I hope you can all turn up and give your support as they turn out in their super new gear.

Joe and Moyra Taylor have provided these lads with a great strip, and Biff and Tally, thank them for their generosity!

The U.17's all hope to visit Joe & Moyra tomorrow to show them the strip, and thank them personally, before continuing into Barrow for a bar snack and some "Pop" . We'll then go down to Craven Park to watch our U.11's do battle with Barrow Island (K.O. 2.15p.m.) followed by Barrow v Huddlesfield (K.O 3.00 p.m.)

Howard

Thanks to James Butcher (Ist Team scorer) for doing such a good job on the new scoreboard recently.

Talking to him on the bus to Wigan 2 weeks ago, I asked if there were any Mini-Rugby fixtures on that day.

"Yes" , says James, "The U.13's & U.15's are at Roose, and U.9's & U.1's are at HARTLEPOOL.....!!

"Good old Taffy"-

I hope you've all altered your clocks by now, especially "Butch"

Fancy turning up at 9-00 a.m. to go to Wigan-------

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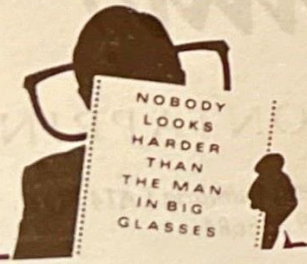

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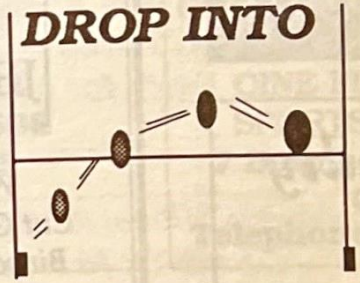

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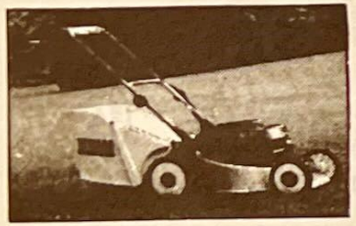

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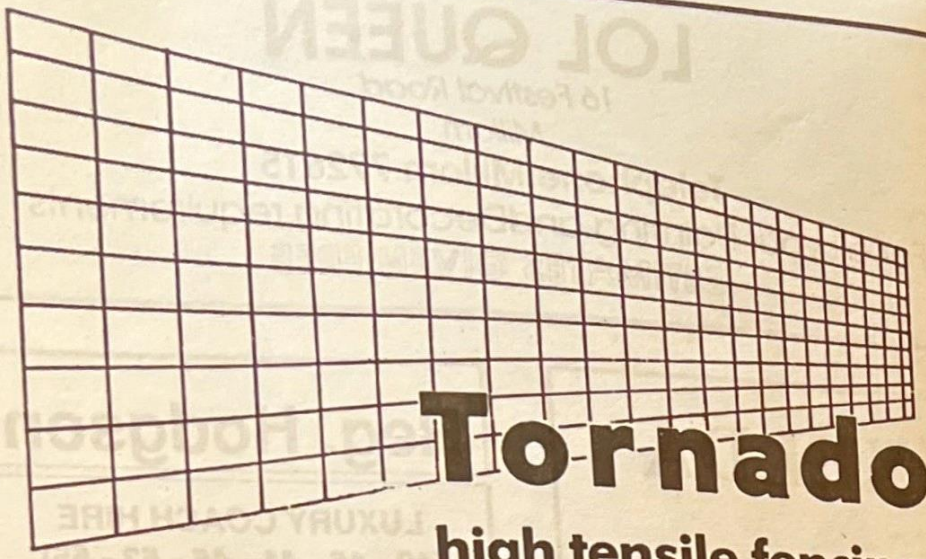

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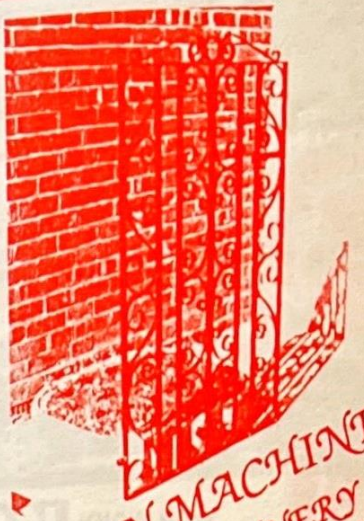

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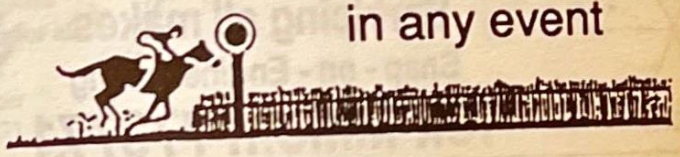

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01-09-90	MILLOM	V	LEIGH M.W.	MILFORD	V	ASKAM
08-09-90	DUDLEY HILL	V	MILLOM	ASKAM	V	SHAW CROSS
15-09-90	MILLOM	V	PILKINGTON REC	BEVERLEY	V	ASKAM
22-09-90	SADDLEWORTH	V	MILLOM	ASKAM	V	GREETLAND
29-09-90	MILLOM	V	MAYFIELD	REDHILL	V	ASKAM
06-10-90	MILLOM	V	WEST HULL	EAST LEEDS	V	ASKAM
13-10-90	COUNTY CUPS					
20-10-90	COUNTY CUPS					
27-10-90	G.B. V AUSTRALIA (WEMB)			OPEN		
03-11-90	LEIGH EAST	V	MILLOM	ASKAM	V	DEWBURY C.
10-11-90	COUNTY CUPS					
17-11-90	MILLOM	V	ST. PATRICKS	BRITISH AERO,	V	ASKAM
24-11-90	COUNTY CUPS					
01-12-90	WOOLSTON	V	MILLOM	ASKAM	V	KNOTTINGLEY
08-12-90	MILLOM	V	HEWORTH	LOCKLANE	V	ASKAM
15-12-90	MILLOM	V	EGREMONT	BARROW ISL.	V	ASKAM
22-12-90	OPEN			OPEN		
29-12-90	LEIGH M.W.	V	MILLOM	ASKAM	V	MILFORD
05-01-91						
12-01-91	MILLOM	V	DUDLEY HILL	SHAW CROSS	V	ASKAM
19-01-91	PILKTON REC	V	MILLOM	ASKAM	V	BEVERLEY
26-01-91	MILLOM	V	SADDLEWORTH	GREETLAND	V	ASKAM
02-02-91	MAYFIELD	V	MILLOM	ASKAM	V	REDHILL
09-02-91						
16-02-91	WEST HULL	V	MILLOM	ASKAM	V	EAST LEEDS
23-02-91						
02-03-91						
09-03-91						
16-03-91	MILLOM	V	LEIGH EAST	DEWSBURY C.	V	ASKAM
23-03-91						
30-03-91						
06-04-91						
13-04-91	ST. PATRICKS	V	MILLOM	ASKAM	V	BRITISH AERO
20-04-91	MILLOM	V	WOOLSTON	KNOTTINGLEY	V	ASKAM
27-04-91						
04-05-91	HEWORTH	V	MILLOM	ASKAM	V	LOCK LANE